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Macular Pigment Optical Density

There was a statistically significant increase in MPOD at 0.25° and 0.5° retinal eccentricity from baseline at V2 and V3 in the I group of the study (p < 0.005, for all). As expected, there was no statistically significant change in MPOD over the study period, at any eccentricity measured, in the P group (p > 0.05, for all) [e.g. Fig. A4 and B].

CONCLUSION

This double-blind, randomized placebo controlled trial showed significant increases in serum concentrations of the macular carotenoids, and MPOD at 0.25° and 0.5° retinal eccentricity, following supplementation with a formulation containing 10.9 mg MZ, 5.9 mg L and 1.2 mg Z.

Of note, MOST N is the first study to investigate, and report on, the safety of human consumption of all three macular carotenoids, including MZ. We conclude that the consumption of MZ, L and Z does not produce any medically significant changes in the pathology variables tested.

REFERENCES


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